Various
ICE CREAMS
FROZEN DESSERTS

— with delightful flavor
and fine texture — at low cost

. . *Frozen Desserts* . .

IN all those desserts where recipes call for cream or double cream, Pet Milk will give results that will surprise you most agreeably. It gives a texture and flavor that leaves nothing to be desired. It shows a saving in cost that you will very much appreciate.

. . *In Ice Creams* . .

This is strikingly true in ice creams. Used in place of ordinary cream, Pet Milk gives wonderful results—at half the cost. In recipes that call for ordinary milk with eggs, Pet Milk enables you to dispense with the eggs—a worth while saving.

. . *For Whipped Cream* . .

The saving is still more marked in those desserts that call for whipped cream. Pet Milk whips, and it takes the place of double cream at less than half the cost.

In Packed and Uncooked Desserts

Pet Milk will delight you in desserts that are packed and frozen without turning, and is particularly adapted to those that require no cooking. Both methods represent an economy of time that recommends them.

. . *Why Pet Milk?* . .

The unquestioned qualities of Pet Milk make it so far superior to milk in any other form for ice creams and desserts—for use in place of cream everywhere—that they need only be known to make Pet Milk the universal favorite of all who prize good food.

What It Is

Pet Milk is pure, fresh milk, produced in the best dairying sections of America, concentrated—made more than twice as rich as ordinary milk—nothing added to it—nothing but water taken from it. This concentrated milk is homogenized, put in sealed containers and sterilized within a few hours after it comes from the cow—while it is surely fresh and sweet.

Always Fresh, Safe Milk

The sterilization makes Pet Milk free from anything that could impair its freshness—makes it absolutely free from all the dangers to health which ordinary milk so often contains. The sealed can brings it to the pantry as fresh and sweet as when it left the farm—as safe as if there were no disease in the world.

With New and Better Richness

Pet Milk is as *rich* as cream, but with *better* richness. About 26% of cream is solid matter—food. The rest is water. Most of the solid substance of cream is fat. About 26% of Pet Milk is solid matter. But the solids of Pet Milk contain all of the food elements of whole milk, in their natural proportions to each other—the substances which make *milk—not* cream—the most nearly perfect of all foods.

Why the Cream Stays in the Milk

In ordinary milk the cream rises to the top. That is because the fat of ordinary cow's milk is in big globules. Pet Milk is homogenized—put through a machine which breaks the globules into tiny particles, makes them so small that they stay in the milk. Pet Milk never separates. The cream stays in the milk. Every drop is uniformly rich in all the food elements of milk.

More Wholesome Food

We can't escape the conclusion that ice creams, sauces and desserts made with Pet Milk are more wholesome than those made with cream. How often do we think of these things as being "too rich" for children. They *are* too rich when made with cream—because the "richness" is in fat alone. They can't be too rich when made with Pet Milk—because that is the *balanced* richness of whole milk. The so-called "rich" foods, when made with Pet Milk, build better bones and better teeth and better health for children, for everybody.

With Smoother Texture

Ice creams and sauces and desserts made with Pet Milk have a smooth texture that nothing else will give. The homogenization causes it. The rich, smooth texture of the milk—caused by breaking up the fat globules—gives the same quality to the food. It is equally noticeable in soups, chocolates and cocoas—in all articles where milk is an important ingredient.

More Easily Digested

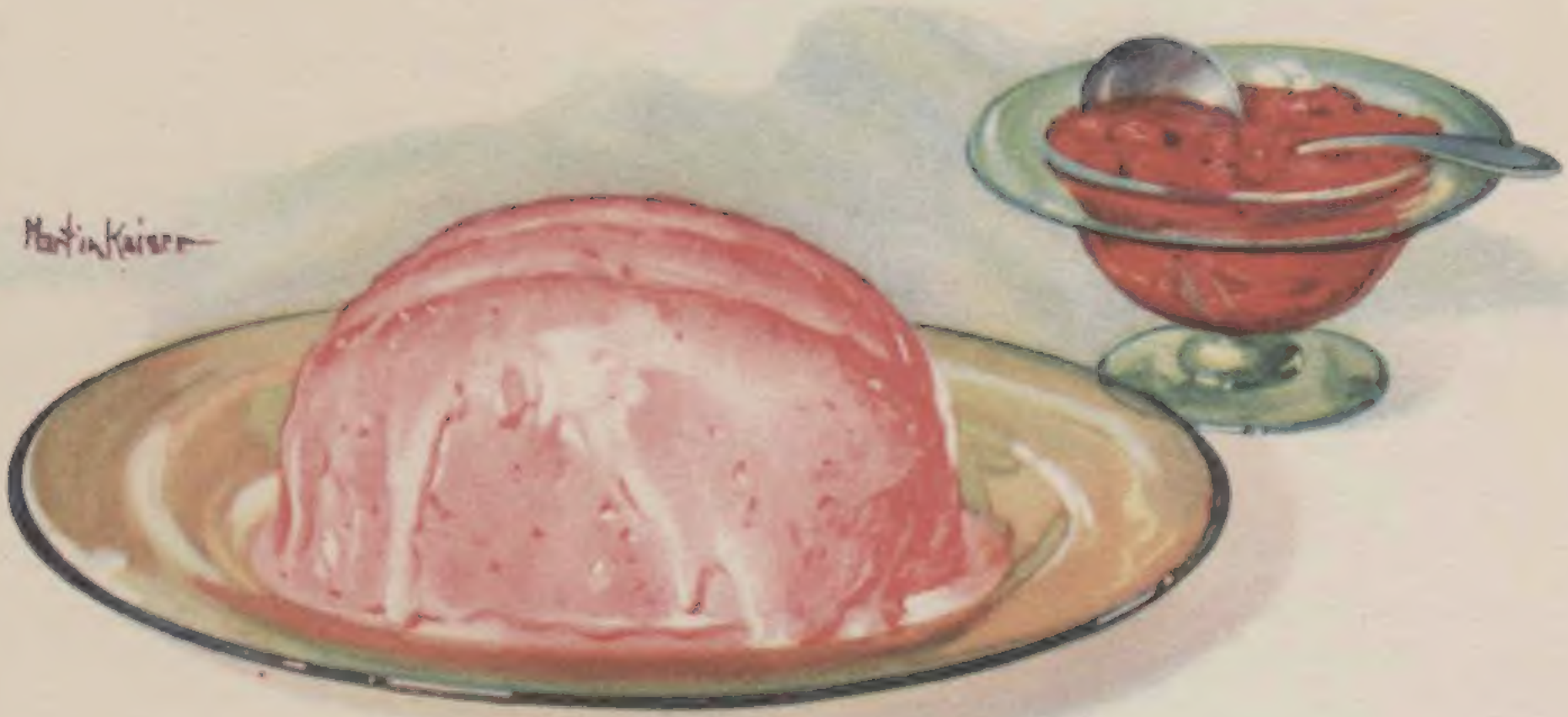
Pet Milk—and food made from it—is more easily digested than ordinary milk. The big fat globules of ordinary cow's milk are designed by nature for the stomach of a calf. The homogenization makes them suitable for human stomachs—makes the fat more readily assimilable. The importance of this quality of Pet Milk is recognized by many physicians who prescribe it for infants. It is obviously important in food for children—indeed for everybody.

Three Fundamentals

The better-than-cream richness—the unique and absolute safety—the better digestibility—these qualities are definite and certain and beyond dispute, in Pet Milk. When known they are compelling. Many thousands of women all over America have learned these points of excellence and use Pet Milk, not only for their ice creams and desserts, but for every cream and milk use.

Two Other Important Points

The convenience of Pet Milk recommends it. In its sealed container it keeps fresh and sweet on the pantry shelf—any quantity needed for any demand for cream or for milk. Its economy is striking. In place of cream, it costs less than half as much as cream. For every milk use, it costs no more—in many places less than ordinary milk.



Healthfulness of Fruit Ice Creams and Ices

"Fruits are an important supplement to the milk products in ice cream. Though they are rich in vitamins A and B, milk products usually contain only a relatively small amount of vitamin C. This vitamin, which is particularly important for young children, is found in abundance in many fruits. Orange juice contains vitamin C, which helps to explain the recent widespread use of orange juice in the diet of infants and young children. Vitamin C is also of great importance to the health of adults.

Most fruits contain acids such as citric, malic, and tartaric, which are beneficial to health, and in addition, mineral salts that during metabolism give residues, basic in character, that tend to counteract the acid residues from a meat and cereal diet. The use of a considerable proportion of fruit in ice cream, therefore, seems desirable from the standpoint of increased healthfulness of the product."

From "Investigations on the Use of Fruits in Ice Cream and Ices," G. D. Turnbow and W. V. Cruess, Bulletin 434, University of California, Berkeley, California.

Directions and Suggestions for Making Ice Creams and Frozen Desserts

A small amount of salt added to ice cream brings out the flavor and improves the finished product.

In making ice cream with a custard foundation, always mix the flour or cornstarch with the sugar and cook thoroughly with the milk before adding the egg.

Ice cream mixtures should never be put into the freezer when warm. Precooling cuts down the actual freezing period and gives a better product.

Never fill the can more than two-thirds full of the mixture to be frozen. Leave at least one-third the space for the swell.

Use only coarse freezing salt for freezing ices and ice creams. Good results cannot be obtained with the use of table salt.

The ice should be fine and evenly crushed.

In freezing use the proportion of eight measures of ice to one measure of salt. This proportion gives the most satisfactory results, although the time for freezing is slightly increased. You cannot be too careful in these measurements.

Fill the freezer two-thirds full of ice before adding any salt. Then add salt and ice in alternate layers.

Use two speeds in freezing ice cream. Turn very slowly until the mixture begins to pull slightly or turn hard, then increase the speed in order to whip the mixture.

Ice cream may be frozen until of the consistency to serve immediately. However, it is better if frozen to the consistency of a very thick cream sauce, and then packed and ripened.

If the ripening time is short, the packing mixture should be in the proportion of four parts of ice to one of salt. If longer, use the eight-to-one mixture.

Mousses and parfaits, when mixed, are put into molds and packed in a mixture of two parts ice to one part salt for 3 or 4 hours.

Pineapple Sherbet

1½ cups Pet Milk
1 cup sugar
Few grains salt
1 cup water
2 tablespoons lemon juice
1 No. 2 can
crushed pineapple

Pour chilled Pet Milk into ice cream can. Add sugar, salt, water, and lemon juice to pineapple. Stir thoroughly and chill. Then add pineapple mixture to the milk. Freeze. (If the Pet Milk is reduced to 1¼ cups and the water to ¾ cup, a different sherbet of a pleasing and very distinctive pineapple flavor results.)

Grape Juice Ice Cream

2 cups Pet Milk
1⅓ cups grape juice
⅓ cup orange juice
2⅔ tablespoons lemon juice
1 cup sugar

Mix fruit juices and sugar, stirring until sugar is dissolved; add milk; freeze.

Vary by using pineapple and lime juice.

2 cups Pet Milk
1 cup grape juice
½ cup shredded pineapple
2 tablespoons lime juice
1 cup sugar

Burnt Almond Ice Cream

2 cups Pet Milk
½ cup sugar
½ cup burnt almonds
(crushed fine)

Mix ingredients and freeze.

Raspberry Milk Sherbet

1 cup canned raspberries
1 cup Pet Milk
1 cup water
½ cup sugar
Few grains salt
Juice of 1 lemon
1 tablespoon vanilla

Force raspberries through a strainer. Add Pet Milk, water, sugar, salt, lemon juice and vanilla. Freeze.

Loganberry Milk Sherbet

1 cup loganberry juice
1½ cups Pet Milk
1½ cups water
⅓ cup sugar
1 tablespoon lemon juice

Mix ingredients thoroughly and freeze like any ice cream.

Banana Ice Cream

2 cups banana pulp
(about 6 bananas)
1⅛ cups sugar
1⅔ cups Pet Milk
½ cup orange juice
Few grains salt

Select full-ripe bananas, well flecked with brown spots. Remove peeling and outside fibrous portions. Press banana through coarse sieve. Combine ingredients in order given. Let stand in cold place ½ hour before freezing. (If 1 tablespoon of lemon juice is added to the ingredients given above and the orange juice is increased to 1 cup and sugar to 1½ cups, another very excellent banana dessert results.)

Peach Ice Cream

1½ cups peach pulp
1 cup sugar
¾ cup water
1¼ cups Pet Milk
¼ teaspoon vanilla

Select fine flavored peaches; peel, stone and press through a coarse sieve. Combine ingredients in order given, except vanilla. Add vanilla. Freeze.

Fig Ice Cream

2 cups Pet Milk
2 tablespoons lemon juice
1 cup sugar
1 cup preserved figs (cut fine)
½ cup seeded raisins (cut fine)

Mix fruit and sugar, stirring until sugar is dissolved. Pour into milk and freeze.

Loganberry and Banana Mousse

2 cups Pet Milk
1 egg white
½ cup loganberry juice
1 cup sugar
½ cup bananas (crushed and put through a sieve)
Juice of ½ lemon

Chill Pet Milk thoroughly. Add unbeaten egg white and beat with Dover egg beater until stiff, in a bowl set in a pan of cracked ice. Beat in sugar, bananas and fruit juices. Pack—do not turn.

Coffee Frappe

½ cup Pet Milk
¾ cup water
⅔ cup sugar
1 tablespoon powdered sugar
1 egg white
1 tablespoon gelatine
2 cups hot coffee

Soak gelatine in ½ cup water for five minutes; add to coffee and stir until dissolved. Add sugar and Pet Milk diluted with ¼ cup water. Beat egg white until stiff, add powdered sugar and beat into other mixture. Freeze like any ice cream.

Apricot Ice Cream

2 cups Pet Milk
2 cups apricot pulp
2 teaspoons lemon juice
1 cup sugar

Mash apricots and put through a sieve. Mix apricots and sugar, stirring until sugar is dissolved; add milk; freeze. Peaches can be used instead of the apricots.

Grapefruit Ice Cream

2 cups Pet Milk
1 cup minced grapefruit
½ cup orange juice
¼ cup lemon juice
2 cups sugar

Mix fruit juices, grapefruit and sugar, stirring until sugar is dissolved. Add milk and freeze.

. . *Desserts to be Cooked Before Freezing* . .

Frozen Cherry Pudding

2 cups Pet Milk
⅔ cup sour cherries
(measured when stoned and cut up)
1¼ cups sugar
⅔ cup hot water
⅔ teaspoon gelatine
2 egg whites

Cover gelatine with cold water and let stand until soft. Cook cherries and sugar until sugar is dissolved. Add hot water and let come to a boil. Add gelatine and remove from fire at once, stirring until gelatine is dissolved. Let cool and place on ice. When it begins to thicken, mix with cold milk and unbeaten egg whites. Place in bowl of ice and beat with Dover beater until stiff. Pack—do not turn.

Maple Nut Ice Cream

½ lb. maple sugar
1 cup water
1 egg
Few grains salt
1 cup Pet Milk
diluted with
½ cup water
1 tablespoon butter
¼ cup finely chopped pecans

Break up maple sugar in small pieces. Add water and cook until dissolved. Pour hot syrup over well beaten egg, stirring to keep the mixture smooth. Add salt and return to double boiler and cook, stirring occasionally, 5 minutes. There should be 1 cup of the maple syrup mixture. If not, make up the quantity with warm water. Add diluted milk and chill to 12° C. Freeze to a mush, about 11 minutes. Add nuts. (If nuts are added first they settle in the bottom and there is not an even distribution.) Continue freezing.

Orange Milk Sherbet

¾ to 1 cup Pet Milk
(1 cup makes a mild flavored sherbet)
1 cup sugar
Few grains salt
½ cup water
1 cup orange juice
1 tablespoon lemon juice

Pour Pet Milk into ice cream can and chill in refrigerator or a pan of chopped ice. Boil sugar, salt, and water until there is 1 cup of syrup. Add orange and lemon juice and chill. Pour orange juice into the milk. Freeze.

A variation for Orange Milk Sherbet: Mix two-thirds cup, each, fresh shredded pineapple and strawberries, cut in quarters. Sprinkle with one-fourth cup powdered sugar. Cover and let stand in a cold place two hours. Put mixture in eight dessert glasses and cover with Orange Milk Sherbet.

Caramel Bisque Ice Cream

⅔ cup water
1 cup sugar
2½ cups Pet Milk
2 eggs
Few grains salt
1 tablespoon vanilla
⅔ cup coarsely ground walnut meats

Put ⅓ cup water and ⅔ cup sugar in frying pan and stir until dissolved, and boil until it becomes a light brown syrup. Add to ⅓ cup water and 1 cup Pet Milk scalded over hot water. When syrup is melted, add to eggs mixed with ⅓ cup sugar and few grains salt. Return to double boiler and cook, stirring constantly until coating is formed on spoon. Remove from fire, cool and add 1½ cups Pet Milk, vanilla and coarsely ground walnut meats. Freeze like any ice cream.

Sultana Nut Parfait

½ cup brown sugar
¼ cup water
2 teaspoons gelatine
2 tablespoons cold water
1 cup Pet Milk
2 egg whites
Speck salt
1 teaspoon vanilla
½ cup raisins
½ cup nuts

Make a syrup by boiling the sugar and water to the thread stage. Add gelatine softened in cold water and pour slowly, while beating into the Pet Milk and egg white which have been whipped together until stiff. Add salt, vanilla, raisins and nuts. Pack—do not turn.

Pineapple Mousse

2 cups crushed pineapple
¾ cup sugar
2 tablespoons lemon juice
2 teaspoons gelatine
2 tablespoons cold water
1 cup Pet Milk
2 egg whites

Heat the pineapple to boiling and add sugar, lemon juice and gelatine softened in cold water. Cool. When the mixture becomes thick and is starting to congeal, fold into the Pet Milk and egg whites which have been whipped together until very light. Pack—do not turn.

Chocolate Ice Cream

2 squares bitter chocolate
1 cup sugar
⅛ teaspoon salt
4 cups Pet Milk
3 eggs
1 teaspoon vanilla

Melt the chocolate over hot water, add the sugar, salt and milk and continue cooking until the mixture is well blended and scalding hot. Then pour hot mixture over well beaten eggs. Return to double boiler and cook, stirring constantly for 5 minutes. Add vanilla and thoroughly chill. Freeze.

Apricot Parfait

2 cups Pet Milk
2 cups apricot pulp
1 cup sugar
⅔ cup apricot syrup
1 orange peeling
1 egg white

Cook apricot syrup, sugar and orange peeling until it spins a thread (about twelve minutes) but do not stir. Beat egg white stiff with Dover beater, while syrup is cooling slightly. Remove peeling from syrup and pour syrup into egg white, beating well. Set bowl of milk in bowl of ice and beat until very stiff. Add apricots and egg and syrup mixture to milk, beating well with Dover beater. Pack—do not turn.

Ginger Parfait

½ cup marshmallow pieces
1 cup Pet Milk
½ cup sugar
2 egg whites
¾ cup cold water
1 cup preserved ginger, chopped
6 tablespoons ginger syrup, from the jar of ginger
Few grains salt
1 tablespoon orange juice

Add Pet Milk to marshmallows. Put sugar with ¼ cup water in saucepan. Stir until sugar is dissolved and boil until it spins a long thread when dropped from tip of spoon. Add in fine stream to egg whites which have been beaten stiff. Fold in gently preserved ginger, ginger syrup, few grains salt, orange juice, the Pet Milk and marshmallows, and ½ cup of cold water. Freeze like any ice cream.

. . *Frozen Desserts Which Can be Made in an Electric Refrigerator* . .

Vanilla Ice Cream

1 cup Pet Milk
½ cup water
2 eggs
¼ cup sugar
Speck salt
½ teaspoon gelatine
1 tablespoon cold water
1 teaspoon vanilla

Scald ½ cup Pet Milk with the ½ cup water. Pour slowly onto one whole egg and one egg yolk beaten together and mixed with sugar and salt. Cook over hot water, stirring constantly until the custard coats the spoon, add gelatine softened in cold water and cool. Add vanilla to custard and fold into the egg white beaten stiff with ½ cup Pet Milk. Freeze in the frost unit, stirring at thirty minute intervals for the first two hours.

Orange Sherbet

¾ cup sugar
¼ cup water
Grated rind ½ orange
1 teaspoon gelatine
1 tablespoon cold water
1 tablespoon lemon juice
1 cup orange juice
1 egg white
½ cup Pet Milk

Boil sugar, water and orange rind together two minutes, add gelatine softened in cold water and fruit juices. Chill until the mixture starts to congeal. Then fold into the egg white and Pet Milk which have been whipped together until very light. Freeze in the frost unit, stirring at twenty minute intervals for the first hour then every thirty minutes until firm.

Apricot Coupe

Remove apricots from can and cut into small pieces. To the syrup remaining in the can add one-half cup sugar and one slice of orange. Bring to the boiling point and let simmer three minutes; add apricots and continue the boiling until the syrup is thick and the apricots very soft. Chill. Put two tablespoons in each glass, fill with Vanilla Ice Cream and garnish with raspberry jam.

Nordica Peaches

Toast rounds of sponge cake and cool. On each round put one tablespoonful Vanilla Ice Cream or Caramel Bisque (page 9). Top with a preserved peach and pour some of the syrup over all.

Maple Pecan Sandwich

Place a slice of Vanilla Ice Cream between and on top of two slices of sponge cake and pour the Maple Pecan Sauce (page 13) over it.

Frozen Fig Pudding

Before freezing Vanilla Ice Cream, add ¼ cup figs, minced; two tablespoons finely chopped English walnuts and two tablespoons minced dates.

Variations Using Orange Sherbet

Orange Sherbet may be served in cantaloupe halves.

With Peaches and Strawberries: Arrange sliced peaches and strawberries in dessert glasses. Sprinkle over with minced Maraschino cherries. Set in refrigerator until needed. Just before serving, fill the glasses with Orange Sherbet.

Italian Sherbet

1 cup sugar
⅓ cup water
Grated rind ⅓ orange
1 teaspoon gelatine
1 tablespoon cold water
Juice 1 orange
Juice 1 lemon
Juice ½ grapefruit
1 banana, mashed
1 cup Pet Milk
1 egg white

Boil sugar, water and orange rind together two minutes, add gelatine softened in cold water, fruit juices and banana which has been mashed through a strainer. Chill until the mixture starts to congeal. Fold into Pet Milk and egg white which have been whipped together until light. Freeze in the frost unit, stirring at twenty minute intervals for the first two hours then occasionally until firm.

Strawberry Ice Cream

1 cup Pet Milk
1 cup water
2 eggs
Speck salt
½ cup sugar
2 teaspoons gelatine
2 tablespoons cold water
1 pint strawberries
½ cup sugar
2 egg whites

Scald Pet Milk with water. Pour slowly onto eggs beaten and mixed with salt and sugar. Cook over hot water until the custard coats the spoon; stir in the gelatine softened in cold water and chill custard. Wash strawberries, stem and mash with sugar, chill. Combine mixtures and fold into stiffly beaten egg whites. Freeze in the frost unit, stirring at twenty minute intervals for the first two hours then frequently until stiff.

. . *Sauces to be Served on Ice Creams* . .

Cream Chocolate Sauce

3 squares chocolate
¼ cup water
1 cup sugar
3 tablespoons white corn syrup
1 cup Pet Milk
1 teaspoon vanilla

Melt chocolate in saucepan over hot water;add ¼ cup water slowly, stirring until smooth. Then add sugar and corn syrup. Boil until syrup forms a very soft ball when tried in cold water or until it reaches 234° F. Add Pet Milk and vanilla.

Butterscotch Sauce

4 tablespoons butter
1¼ cups brown sugar
⅔ cup white corn syrup
¾ cup Pet Milk

Melt butter in saucepan; add sugar and corn syrup and boil to 230° F. or until it forms a very soft ball when tried in cold water. Add Pet Milk and serve warm on ice cream.

Chocolate Sauce

Melt one cake of sweet chocolate over hot water, add ½ cup Pet Milk slowly while beating and one teaspoon vanilla.

NOTE—These sauces may be served hot or cold.

Maple Pecan Sauce

2 tablespoons butter
¾ cup sugar
¼ cup water
1½ tablespoons corn syrup
⅓ cup Pet Milk
¾ teaspoon maple flavoring
½ cup pecan meats

Melt butter in saucepan; add sugar, water and corn syrup and boil to 238° F. or until it forms a firm ball when a small amount is dropped in water. Remove from fire; add slowly Pet Milk, flavoring and nuts. Serve hot or cold on ice cream or puddings.

Three-fourths cup maple syrup may be used instead of sugar, water and corn syrup.

. . TO WHIP PET MILK . .

NOTE: The milk must be very cold before it will whip and a small quantity whips more readily than a large one.

Chill Pet Milk thoroughly. Pour into a bowl set in a pan of ice and beat with Dover egg beater.

The following method has also been found effective: Place the unopened can of milk in a pan and cover with cold water. Heat to the boiling point. Remove can and chill quickly and thoroughly. Pour part of the milk into a bowl which is surrounded with ice and salt, and beat with a Dover egg beater.

Cakes to Serve with the Frozen Desserts

Oatmeal Cookies

1 cup sugar
½ cup butter
2 eggs
1 teaspoon cinnamon
2 cups rolled oats
½ teaspoon salt
1½ cups flour
¾ teaspoon baking soda
¾ cup raisins
¾ cup pecans
¼ cup citron
½ cup Pet Milk

Cream butter and sugar; add eggs then other ingredients thoroughly mixed and finally milk. Drop by teaspoons on greased tins. Decorate with pieces of candied cherries. Moderate oven.

Caramel Icing

1 cup light brown sugar
1½ cups white sugar
1 cup Pet Milk
1 teaspoon vanilla
Pinch of soda

Mix all ingredients, except vanilla and boil until a small amount when dropped into cold water forms a good soft ball. Let stand until cool; then beat until creamy and begins to thicken. Add vanilla and pecans, if you wish.

Spice Cake

2 eggs
½ cup Pet Milk
½ cup water
1½ cups sugar
3 cups flour
1 teaspoon cinnamon
1 teaspoon nutmeg
½ teaspoon allspice
⅛ teaspoon salt
⅓ cup butter
4 teaspoons baking powder

Beat eggs together. Add liquids and sugar. Sift together remaining dry ingredients three times and turn in on top of liquids. Stir until barely mixed (about 100 strokes). Add butter which has been melted, and stir (about 50 strokes). Turn into greased pan and bake at 375° F. for 45 minutes.

. . *And Some Refreshing Milk Drinks* . .

Pet Milk

With Orange, Loganberry or Grape Juice

½ cup juice (the bottled juices serve)
⅓ cup Pet Milk
⅓ cup water
Sugar to taste

Mix the fruit juice, sugar, Pet Milk, and water. Add cracked ice. Shake. (A Mason jar will serve.)

Black Cow

Pour Pet Milk over cracked ice in glass until glass is one-fourth full. Fill to top with Sarsaparilla Soda and stir thoroughly.

Iced Chocolate

2 squares bitter chocolate
¼ cup sugar
2 cups boiling water
2 cups Pet Milk
Few grains salt

Melt chocolate in pan over hot water; add sugar, salt and gradually one cup of boiling water. Stir until smooth, then place pan directly over fire and boil one minute. Add Pet Milk and remaining boiling water.

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We have a book "You can save on your milk bill"—a leaflet for making mayonnaise with Pet Milk without an egg—a Summer Drink leaflet—a booklet about Pet Milk for baby—and a number of other booklets and leaflets which we will send free upon request.

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